

Information and support following the Manchester Arena Incident (updated 25/5/17)

Today people from around the country fell silent to remember the victims of the Manchester Arena attack on Monday night. Our thoughts continue to be with the victims and families affected. Manchester is standing together to support each other through this.

The intention of these updates is simply so that as many people as possible have information about what people are doing to offer support and assistance. If there is anything else you are doing or information you'd like us to share, let us know.

Message from Sir Richard Leese

"Dear Friends

We are all shocked and saddened by the horrific attack carried out at the Manchester Arena on Monday and our thoughts are with the victims and their families. The immediate response of the emergency services speaks to their heroism along with the reports of homes and hotels opening up, taxi drivers offering free lifts and people going out of their way to help and care for their fellow citizens. We have also seen everyday people coming together at the Vigil on Albert Square yesterday evening to remember those who have lost their lives and stand together. We have also seen queues of people waiting to donate blood to help the victims - This all shows the true spirit of Manchester and this is something we need to hold onto and be proud of.

We will not let this attack intimidate or divide us – It will bring us together. The worst thing we could do is what they want. We have a long history in Manchester of communities standing together during difficult times and in the coming days we will be working closely with community representatives to continue to identify and address any issues and concerns but also amplify the work on community cohesion.

We welcome your feedback on how as a city we continue to strengthen community cohesion across all our communities over the coming weeks. We would be grateful if you could make contact with us and share your ideas, plans and events by emailing Shazia Awan (s.awan@manchester.gov.uk)

As the citizens of Manchester, we also need to check in with those who may be struggling to come to terms with the attack that took place in the city on Monday and support those who may be vulnerable to being drawn into activities that have the potential to create divisions and tensions in our communities.

We also request anyone who experiences a hate crime to report it to Greater Manchester Police by calling 101 or online via True Vision website report-it.org.uk (this can be done anonymously)

A book of condolences has been opened at Manchester Town Hall and is also

available online at

[https://secure.manchester.gov.uk/forms/form/1472/en/book_of_condolence -
_manchester.](https://secure.manchester.gov.uk/forms/form/1472/en/book_of_condolence_-_manchester)

We will continue to update communities through our normal channels over the coming days

Sir Richard Leese

Leader of Manchester City Council"

NHS Central Manchester CCG

Our thoughts and sincere condolences are with everyone who has been affected by the tragic events in Manchester.

Here is public information that gives advice and information to support the mental well-being of adults and children and young people living in and around Manchester: www.mhcc.nhs.uk/publications/resources

FareShare Greater Manchester <http://emergemanchester.co.uk/fareshare>

Works to professional food safety standards and is supplying food to Manchester Children's Hospital and MRI. Organisations can contact Miranda Kaunang, FareShare GM Development Manager to discuss food supply needs: 0161 223 8200 option 4 or message: miranda@emergemanchester.co.uk

The Fed www.thefed.org.uk

The Fed are organising a raffle and selling kosher cupcakes to raise money to give to the Red Cross appeal.

Breakthrough UK www.breakthrough-uk.co.uk

The recent events in Manchester have shaken us all. We know that disabled people can often experience delayed or inaccurate communication at times of emergency, especially live updates if they rely on alternative formats or supported communication. If you need access to accurate updates as events unfold - please contact us at admin@breakthrough-uk.co.uk or 0161 234 3950 and we will support you in any way we can.

Anxiety UK www.anxietyuk.org.uk

Anxiety UK can offer our infoline services to anyone experiencing anxiety or heightened anxiety during this upsetting time. Our infoline number is 08444 775 774 and is open from 9:30am- 6pm Mon-Fri. Alternatively, individuals can visit our website www.anxietyuk.org.uk where there is a range of help and advice regarding anxiety. Our website also offers information and self-help resources for those experiencing anxiety.

Youth on Solid Ground www.yosg.org.uk

Statement from Community on Solid Ground:

"To users and supporters of Community on Solid Ground, Monday evening's tragic events at the Manchester Arena have caused understandable shock and hurt across our city, and to our young people. Our thoughts go out to the families and friends of

all those who lost loved ones and those who were injured.

We are aware that the trauma of this event will not pass in a day, or several days, and wish to make it known to the community that we are there to support them in any way we can. We feel it is important to maintain a normal schedule, and discuss the issue of this violent and atrocious attack and loss with young people in a safe place. Our staff are available to offer a listening ear and can be contacted in the usual ways, at our projects, by email or by telephone.

If you have any comments, questions or concerns, please get in touch:

Email: admin@yosg.org.uk

Telephone: 0161 862 0955"

Citizens Advice Manchester www.citizensadvicemanchester.org.uk

We're here for Manchester

The thoughts of everyone at Citizens Advice Manchester are with those affected by the horrific events which unfolded at the Manchester Arena on Monday night. We recognise that many people's lives and circumstances will have been affected, and are here to help people to find a way forward as they begin to come to terms with this.

Andy Brown, Chief Officer said:

"Citizens Advice Manchester staff and volunteers will come together and continue to offer advice and practical support to communities across Manchester during this difficult time. We urge people to get in contact with us if they need our help.

Citizens Advice Manchester can offer advice and support on a range of issues, including help with welfare benefits, debt, housing and employment. People across the city can contact Citizen's Advice Manchester's telephone Adviceline on 0344 411 1222. Alternatively, they can drop into one of our 11 digital hubs, based in community venues across the city, for help to find the answers they need and get access to our range of advice services."

NSPCC advice on supporting children worried about terrorism

Our advice can help parents talk to their children worried about recent events

If you're concerned about how a child is feeling following the tragic events in Manchester on Monday 22nd May, you can call the NSPCC helpline on 0808 800 5000 for advice 24 hours a day, 7 days a week.

Greater Manchester Health and Social Care Partnership Mental wellbeing advice following the incident at Manchester Arena www.gmhsc.org.uk

Our thoughts and heartfelt condolences are with everyone who has been affected by the tragic events at Manchester Arena on 22 May.

If you are worried about anyone who might be missing, you can call the dedicated helpline on 0800 096 0095.

Services across Greater Manchester are operating as usual and patients, services users and carers should continue to attend appointments as planned. This is an incredibly distressing time for us all and we need to support one another as much as possible.

Our staff are working with partners across Greater Manchester to provide vital support to staff and people affected by these tragic events.

The national government website contains the latest public information on urgent advice and support.

This guidance is aimed at anyone exposed and involved in the incidents at the

Manchester Arena. The emotional effects will be felt by survivors, bereaved families, friends, emergency services, health care workers and the general public. If you witnessed or lost someone in the attack you will most certainly have a strong reaction. Reactions are likely to be strongest in those closest to the incident, who directly witnessed the aftermath and who were involved in the immediate care of victims.

Common reactions to traumatic events

- Emotional reactions such as feeling afraid, sad, horrified, helpless, overwhelmed, angry, confused, numb or disorientated
- Distressing thoughts and images that just pop into your head
- Nightmares
- Disturbed sleep or insomnia
- Feeling anxious
- Low mood

Wythenshawe Town FC www.wythenshawetownfc.co.uk

Together FC v Wythenshawe Town game on Bank Holiday Monday at 2pm is a fundraiser game supporting Manchester. Youths from Wythenshawe have created a team to play Wythenshawe Town. Entrance by donation support our city. Manchester a city united